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MINDEN

Progress

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MINDEN, ONTARIO

THURSDAY, DECEMBER 26, 1974

\$250 MILLION GOAL FOR SNOWERAMA

Patient Pleasure



There are few more welcome gifts to hospital patients than books and for patients of Minden Red Cross Hospital the recent donation of a 75-

book library by the Haliburton County Library was a real occasion. Consisting of a broad selection of paperbacks, plus their own special

rack, the books will bring countless hours of enjoyment to hospital patients for some time to come. Above, Mrs.

Corinne Fleming, accepts on behalf of the hospital and head nurse, Miss S. Laine, the donation of books and

rack from the Haliburton County Public Library, represented by Mrs. Irene Moore.

W.I. Christmas party

By Jeanne Sears

The Women's Institute held their Christmas Party in the United Church Hall on Wednesday evening Dec. 18th. The pres. Mrs. Sears welcomed all the guests and conducted a very short business meeting. The Roll Call was answered by reading of a Christmas Verse. There were 26 members and eight guests to enjoy the singing of Carols. Mrs. P. Clarke had her piano students visit us and play selections for us. Susan Horsley played "Mountain Mus-

ic" Laurie McKnight played "O Susanna and Good King Wenceslas" Dawn Horsley played "Journey by Train" and Shirley Colliss played "Feed the Birds from Mary Poppins."

Santa Chris gave out the Secret Pal Gifts and all received the exchange gifts from under the Christmas Tree.

A bountiful Buffet was set up with goodies by the hostesses and all enjoyed a social time. The January meeting will be held in the Parish Hall on the 15th at 2 p.m. and welcome is extended to any interested ladies to come and enjoy our meetings.

\$4,500 damages in 3 crashes

More than \$4500 in damages resulted from three separate accidents last week in which one driver was charged by police.

Most spectacular occurred near Harcourt on Highway 648 December 16 when a northbound logging truck driven by Gerald E. Griffin, 36, of Haliburton went off the road and into the ditch as it approached a curve. Damage was estimated at \$2,300. Investigation by Provincial Constable Ron Telford.

The following day on County Road 8 in the Dorset area some \$2,000 in damages occurred when an eastbound car driven by Jorma Latvala, 39, of Dorset skidded on some ice while rounding a curve and rolled over into

a rock cut. Investigation by Provincial Constable Barry Connelly. A collision that same day on the Anson Township Road resulted in an estimated \$250 in damages and a charge of failing to yield from a private driveway against

Douglas G. McKelvey, 47, of Minden. According to police the McKelvey car backed out of a private driveway and into a truck driven by Joseph Hewitt, 65, of Minden. Investigation by Provincial Constable T.R. Brown.

Mislead police

Robert W.L. Summers, 16, of Lawson Rd., Toronto had his sentence suspended and was placed on probation for two years after conviction in Minden Provincial Court last week of taking a boat without the owner's consent, then misleading police and failing to appear in court.

According to testimony Summers misled police by giving his brother's name rather than his own to police. When he failed to appear in court Summers' brother David was arrested by Toronto police. Once the error was realized police released David and arrested Robert.

Boat ban for youth

A 16 year-old Scarborough youth, Keith Gary Palmateer, was fined \$105 and prohibited from operating a boat for the next year following his conviction in Minden Provincial Court last

week of operating a boat at night without lights. Testimony revealed that minor personal injuries resulted from a collision on Kenosis Lake last June between the Palmateer vessel and another boat.



HERE and THERE with Fenwick Finch



Well, this here's the last coluym fer 1974. As we look back over the past year we recall events that have happened, friends that have passed on (and, each year there seems to be more of them) accidents etc. that been fatal & expensive and in most cases unnecessary. However, we can't live in the past and we have no way of knowing what the future has for us. We all make mistakes, some of the biggest men in the world make mistakes---all you can do is pick yourself up, learn from your mistakes & stop worrying. There is one little couplet that has always stood me in good stead.

"The moving Finger writes; and, having writ,
moves on: nor all your Piety nor Wit
Shall lure it back to cancel half a line,
nor all your tears wash out a word of it."

I've always been held up and strengthened by about a half dozen real close friends. Hartley Hanison & "Bill" Macdonald, Clayton Rogers (Uncle Dudley), Chris Wahlrothe (no matter how low you feel this fellow soon picks you up.) Lawrence Pritchard has never ceased to amaze me, I don't know of anyone who has the strength and will he has. In the years I've know him, I've never known him to back down from anything he knew was right.

I owe a great deal to my many other well wishers who have helped me over some rough spots. It makes me

feel very humble that I seem to be unable to return in any great measure the assistance they have all given me. Whenever I'm heavy hit these people come to my aid and bolster me up.

I may not have much in the way of worldly goods but I wouldn't trade all I have for one of these friends. I look on myself as a "Successful failure" but, I'm a happy one.

But, that's enough of that, and before I get too maudlin and you think I'm losing my marbles and settin' around Howland Jct. in my easy chair and blanket, in front of the fireplace with a bit of grog on the side--fergit it I'm just as ornery as I allus was 'cepting it takes a mite longer to rile me up. But "Mother Bell" has gone and done it again.

This latest bit of "Garbage" they have shoved down our throats is this allegedly, funny look at the "Neller Phone Company." This idea must have come from some young "Smart-assed" public relations who thinks he's got a good "Mother Bell" for using such, as Archie Bunker would say, "Crapoli. Anyone who has been around "Mother Bell" that long the image they show of "Neller" as being an inarticulate dum dum is quite right. But it was dum-dums like Neller who get the good Mother where she is, I've worked, in years past, with Neller's counterpart in many small, community owned telephone Company's in the years past they set up systems where the Bell wouldn't touch with a ten-foot pole-built them up and made them pay. Granted most of these fellers had cow manure on their boots when they went out but, they worked long, hard, hours with no thought of unions, rip-off overtime etc.

They did their jobs well, so well in fact, that Mother Bell reached out with her octopus tentacles & squeezed the small companies out. And I's say this, you don't get the service from Bell that you used to get from the Dysart Municipal Telephone Co. The personal touch is gone, progress is here and Bell keeps thumping the drum about their service. When they push a set of numbers at you,--say only 95¢ to call Vancouver--read the "small print"--for 95¢ you just about get the phone off the hook.

In the days before Bell we had a closer touch, everybody used to get a kick out of Fibber McGee's phone calls remember? Fibber would start his call and then, stop, and say to the operator, "How's things, Myrt?" that was always good for a laugh. In real life this personal touch has saved the lives of many by the operator knowing where the Doctor was and how to reach him. But that wouldn't work too well to-day --if you ain't sick between about 10 am to 5 pm you could be in trouble.

But, that's enough Mother Bell--I think her "Nellerphone advertising" is a needless "put down" by men who aren't fit the clean the shoes on Neller ---they couldn't even begin to wear them. But then, when you are a monopoly like Mother Bell, you can stand off the government, your customers can get shafted and for the life of me, I don't know how they get away with it.

If you want a first grade cuppa coffee--try the "Schnitzel-House" --Irm a and Otto Homestead will be glad to whip up some grub fer you too.

Well, that's it --Drive Carefully so's you'll be around to enjoy 1975.--Have a good Christmas & New Years.

DEAR FRIENDS

ANOTHER YEAR HAS PASSED BY ALL TOO QUICKLY. THE CHRISTMAS SEASON IS UPON US, AND THE NEW YEAR IS BUT A FEW DAYS AWAY. AS WE CELEBRATE TOGETHER, AND OFFER THANKS FOR OUR BLESSINGS, LET US NOT FORGET THOSE AROUND US WHO ARE LESS FORTUNATE. LET US PRAY THAT GOODWILL AND CHRISTIAN FELLOWSHIP WILL PREVAIL OVER TYRANNY AND OPPRESSION THROUGHOUT THE WORLD, AND THAT MAN'S SEARCH FOR PEACE IN THE WORLD WILL BE REWARDED.

I WISH ALL OF YOU A VERY MERRY CHRISTMAS, AND GOOD HEALTH, PROSPERITY AND HAPPINESS IN THE NEW YEAR.

Bill Scott, M.P.

ANNOUNCING

William A. Kirk

Arrived in Minden

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GENERAL REPAIRS
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MINDEN**

TENDER

HEATING CONTRACTORS

1. Replacement of individual heating systems and water heaters at the Leslie M. Frost Memorial Resource Centre, Dorset, Ontario.
Tender #31C-272

2. Installation of controls on heating systems at the Leslie M. Frost Memorial Resource Centre, Dorset, Ontario.
TENDER #31C-273

ELECTRICAL CONTRACTORS

3. Replacement of wiring and lighting in the research Building, at the Leslie M. Frost Memorial Resource Centre, Dorset, Ontario.
TENDER #31C-274

SEPARATE INDIVIDUAL SEALED TENDERS will be received until JANUARY 15, 1975, 2:00 P.M. LOCAL TIME

COMBINED TENDERS WILL NOT BE ACCEPTED. Tender Documents may be obtained from the Ontario Ministry of Government Services, Lindsay Regional Offices, 322 Kent St. West, P.O. Box 7000, Lindsay, Ontario.

Note: For further information regarding the Tenders, please call Mrs. E.M. Neale at the above address. Telephone: (705) 324-9188
The lowest or any Tender not necessarily accepted.



Ministry of
Transportation
and
Ontario Communications

Hours of Mass

Catholic Church
Minden

SUNDAYS	12.15 P.M.
CHRISTMAS DAY	12.15 P.M.
NEW YEAR'S DAY	12.15 P.M.

BEST CHRISTMAS WISHES TO ALL
FATHER JOHN KEELER
PASTOR

Uniroyal has a snow tire to fit every car and every pocket book. And you can always say, "Charge it".



SNOWPLOW BELTED

2-ply nylon cord body with 2-ply rayon belt. Wider tread design than conventional snow tires to "dig-in and drive".

(G78X15 WW)

\$46.20



WINTER PATROL

Four plies of smooth riding polyester. Deep tread with sturdy traction lugs give go-power in deepest slush or snow.

(G78X15 WW)

\$37.28



SUPER WINTERIDE

Economical 4-ply nylon with great snow traction. Available in 78 series and 83 series, for smaller cars. Also available in 78 series belted.

(G78X15 WW)

\$28.84

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Available at Uniroyal Centres and participating dealers.

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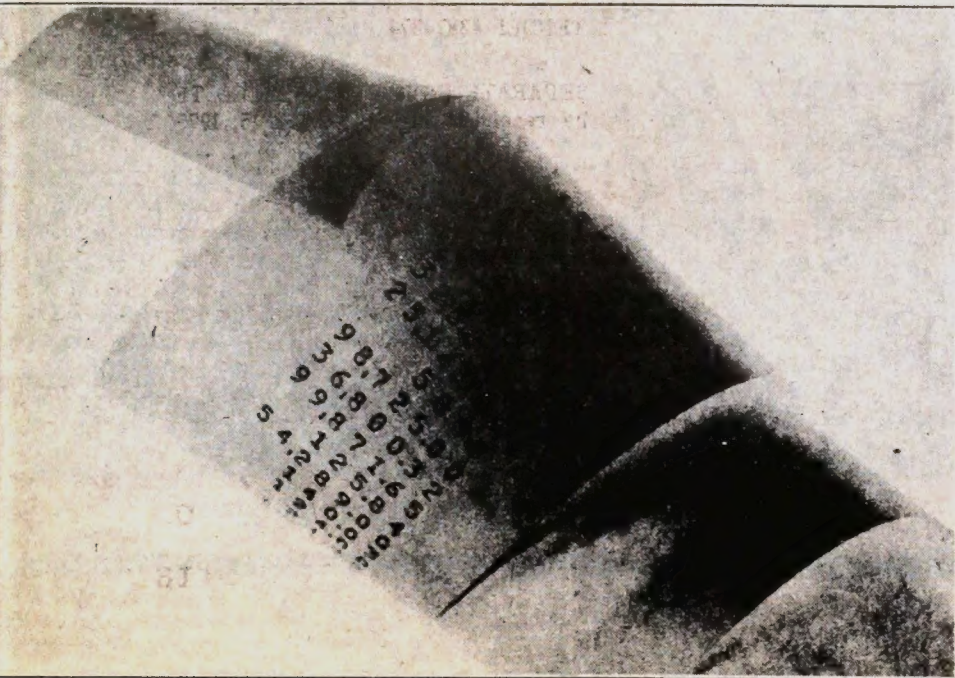
PART TWO

BEYOND REASON

PETER G. SWEET

RETURNS IN JANUARY

**How to
prepare
a newspaper ad
that sells.**



Most local newspapers reach just about everyone in the community they cover. And almost everyone scans the ads in their local newspaper.

Too many newspaper advertisers try to be different in their approach to advertising to get the readers attention. Often they fail.

An advertisement that sells tells the story of the product — what it is, how it works, what its advantages are, and what it does for you.

If you use local newspaper for advertising make a note of these selling points in preparing your ad: 1. Decide what it is you really have to sell. Then, sell just that. Over and over again. 2. Make your advertisement as "newsy" as possible. Price is news. A new

product is news. 3. Take enough space to tell your story with eye-catching fashion — don't crowd it. The money you save by reducing the size of your ad is wasted by the number of readers you'll lose. 4. Tell your story often. One ad's pulling power proves nothing. 5. Be selective. Run your ad where it will do you the most good — the sports page for most men, society pages for women.

Your local newspaper suggests that when you find the right selling combination that works for you, repeat it again—and again. It works!

NEWSPAPERS DELIVER THE LOCAL STORY.

**CANADIAN COMMUNITY
NEWSPAPERS ASSOCIATION**
REPRESENTING THE COMMUNITY PRESS
OF CANADA

Homestead's SCHNITZEL-HOUSE

OPEN from 12 noon to 10 p.m.

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SERVING
SWISS-BAVARIAN SPECIALITIES
DAILY LUNCHEON - SPECIAL

your hosts

**Irma and Otto
Homestead**

CLOSED CHRISTMAS EVE AT 6 P.M.

OPEN CHRISTMAS DAY

Hwy. 35 on the Minden By-pass

286-2118

Jobs for 384 last month

The Canada Manpower Centre in Peterborough was responsible for 384 regular placements during the month of November 1974, as well as 69 casual (less than a full week) placements, reports Dick Kenzie, the Manager. This figure was up slightly from 375 in November 1973 and 370 in November 1972.

Month's end saw 4,028 clients registered with the CMC as being unemployed and seeking work. This figure included 204 students looking for part-time work, he continued. Mobility grants were given to 9 unemployed clients to allow them to explore job opportunities in Stratford, Guelph, Toronto, Cobourg and Sarnia, and 6 family units were relocated with assistance under the Canada Manpower Mobility Program

during the month.

The CMC put its new Job Information Centre into operation in November and interested citizens are invited to visit this new concept in delivering Manpower services, Mr. Kenzie concluded.

CMHC loans

Peterborough, December 20, 1974 -Central Mortgage and Housing Corporation today announced approval of two loans totalling \$224,750 to improve sewage treatment facilities in the City of Peterborough. Both loans are for a term of 20 years. The first loan of \$85,600 will assist in the construction of approximately 2,000 feet of 36-inch trunk sewer on Parkway, part of the Southwestern Trunk Sanitary sewer.

The second loan of \$139,150 will assist in the construction of approximately 3,000 feet of 23-inch and 24-inch sewer on Wolsely, Brookdale Crescent and Downie Streets.

National Housing Act sewage treatment loans may be made for up to two-thirds of estimated costs for terms of up to 50 years.



**SEASON'S GREETINGS
BE A + BLOOD DONOR**

2 New Horizons Grants

Senior citizens of Little Britain and Maynooth will benefit to the tune of some \$9,733 and \$3,950 respectively as a result of two New Horizons Grants announced last week by Secretary of State Hugh Falkner.

In the first instance the grant will help establish a senior citizens centre requested by the Valentia Senior Citizens Club of Little Britain. In the second it will enable the Senior Citizens of Maynooth to organize their Golden Acres program involving 81 persons and providing a variety of activities for retired persons in the area.

**YOU'LL ENJOY IT
MORE IF YOU
GIVE BLOOD
BEFORE YOU GO.**



OPEN WEDNESDAYS

Haliburton IGA Market

In hopes of serving you better we will now be open Wednesdays.

Avoid the weekend rush---shop early

Advertised features will be on sale Wed. to Sat.

STORE HOURS : OPEN DAILY FROM 9 A.M. TO 6 P.M.

FRIDAY NIGHTS UNTIL 9 P.M. CLOSED SUNDAYS

EDITORIALY

The Spoiler

The season to relax.

The rush and hustle, the countdown, the multitude of tasks undone and the dwindling hours still left to do them in are over, or will be by the time most read this.

What better time to put a log on the fire, the feet up and the diet to one side. Drink in hand, nibbling on tidbits and feasting on occasion, too, we finally relax. Why not? We've earned it. After all, we've been rushing for weeks in order to relax, haven't we?

But, relaxing is one thing and letting one's guard down is something else entirely.

Too often in this Christmas-New Year's period, we read and hear of horrible tragedies: homes and lives carelessly and needlessly destroyed by Christmas tree fires or careless smoking; driving with one too many for the road or simply in a gay and festive, but careless, manner. It's a long list and we all know it well.

Personal tragedy and loss is the great spoiler. And when we relax to the point of carelessness and callousness, the odds against a safe and happy holiday rise dramatically.

So, relax and enjoy yourself, but not too much.

Dollars & Good Sense

by William J. Martin
Special Consultant to
AVCO FINANCIAL SERVICES

Many top economists believe that consumers must play a dominant role in the battle against inflation. And, it's going to take some innovative thinking on our part.

Inflation has developed a momentum of its own, and trying to reduce the family budget is close to impossible.

But there are effective ways to outsmart inflation. Renewing an old-fashioned principle of personal economics—self-reliance—is one of them. We should concentrate on reducing dependence on an economic system in which price hikes are automatic.

There are hundreds of ways to do it yourself and save. Some people are reducing grocery bills by growing their own vegetables. Others have drastically reduced auto expenses, performing their own tune-ups and minor repairs.

Smart consumers are dusting off sewing machines to make little items like pillows and big items like double-knit suits. Others have discovered do-it-yourself gifts, home repair, fixing up used furniture and so on.

Ideas and instructions for such projects are everywhere—in your own imagination, in bookstores, libraries, women's and men's magazines.



1975 - THE YEAR OF THE POOR HOUSE

Responsive

Ontario Drug Benefit Plan

by

R. GLEN HODGSON, M.P.P.

A week ago it seemed virtually certain the Canadian government's ill-conceived proposal to raise the pay of M.P.'s by some 50 per cent would be approved by Parliament.

Now, it seems just as certain that this proposed pay hike will be substantially less.

Despite a universal feeling of relief it's still alarming to find that our government considered such a proposal for even one moment at a time like this when the country is looking desperately to Ottawa to lead us out of inflation.

But, it's equally reassuring to know that the Canadian government, and a majority government at that, is as responsive to the mood of the Canadian people as it has shown itself to be during the past few days.

The Ontario Drug Benefit Plan is a new programme which came into effect on September 1st, 1974. Through the plan, approximately 548,000 people in Ontario on limited budgets will be able to receive essential medication free of charge. In addition, individuals who are maintained on costly drug therapy will be able to remain at home rather than in an institution.

As with any new programme, there are inevitably some problems at the beginning. The overall advantages of this new drug plan, however, far outweigh any initial difficulties which may occur.

Since the implementation of the Ontario Drug Benefit Plan I have received many inquiries from constituents of Victoria-Haliburton. I felt that the following "question and answer" format might be of value in clarifying some of the difficulties.

Q. Who is eligible for the Ontario Drug Benefit Programme?

A. Those who qualify for this programme include:
1. Family Benefit Allowance (F.B.A.) recipients.
2. Federal Guaranteed Income Supplement (G.I.S.) recipients; and
3. Special benefit recipients - people over 65 with 5 years Canadian residency, of which the last year was spent in Ontario.

Q. Must I apply for the drug benefit programme?

A. Applications are not necessary. F.B.A. recipients will receive their drug card in the form of a cheque stub each month attached to their family benefit cheque. G.I.S. recipients and special benefit recipients will receive individual drug cards for the months of September, October, November and December of this year and also for the months of January, February, March and April of 1975. Beginning in May, 1975, your drug card will be in the form of a cheque stub attached to your monthly allowance.

Q. How many times can my prescription be repeated without returning to physician?

A. Prescriptions will be valid for a period of three consecutive months, at which time a patient must see his or her physician for reassessment. This is designed to protect the patient from continuing on a prolonged period

of treatment without consulting his physician. Exceptions are made for long-term therapy drugs.

Q. How many months supply of my prescription drug may I get at one time?

A. Only one month.

Q. Will I be able to purchase the exact same brand of drug which I have become accustomed to?

A. Under this programme, most brand drugs will not be available. But this does not mean that you will receive drugs of inferior quality. If the drug you require is listed in the PARCOST Comparative Drug Index as interchangeable, the drug used will be that of the lowest price. For example, there are eight brands of penicillin tablets listed under the PARCOST Index ranging in price from \$2.50 for 100 tablets to \$11.00 for 100 tablets. All eight brands have been judged to be of the same quality and therapeutic value. Therefore, the Ministry of Health will reimburse the pharmacist for the lowest priced penicillin.

Q. Are there any drugs not available under the drug benefit plan?

A. Many drugs with two or more ingredients are not on the approved drug list. The Drug Quality and Therapeutic Committee has advised the Ministry of Health that such combination drugs do not have as great a therapeutic value as single preparation drugs. However, their individual ingredients are and can be taken separately according to your doctor's directions.

Q. Will I be able to purchase such pharmaceutical products as band-aids, bandages, syringes, rubbing alcohol, sham-poops, etc.?

A. No. Only prescription drugs will be covered.

Q. Will I be able to use my drug card at any pharmacy?

A. You will be able to obtain prescribed drugs free of charge from any pharmacy displaying the PARCOST sign.

All prescriptions under the Drug Benefit Plan require the signature of your doctor. Therefore, please do not forget to tell him that you are entitled to the drug benefit. If you have not yet received your drug benefit card, or if you have any further questions, dial "O" and ask the operator for Zenith 8-2000.

Minden Progress

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LETTERS

Minden, Ontario.
December 14th, 1974.

Mr. Bill Foote, Editor,
Minden Progress,
Minden, Ontario.

Dear Mr. Foote:

I am hopeful that you may use the enclosed as a news item in your (I should say "our") paper. Ivan worked with me as assessor for the Townships of Anson, Hindon and Minden, prior to Provincial takeover of the property assessment function. Since 1970 we have continued to work on assessment out of the Regional Assessment office in Lindsay. Ivan's wife Shirley is a Haliburton girl nee Shaw, while Ivan was born and raised in Minden. His parents, Mr. & Mrs. Maurice Cooper live in Mackayville subdivision.

Quite possibly the adjective "popular" has been used only occasionally over the years, by the public in general, in referring to property assessors. Be that as it may, surely among his own kind, an assessor can be (and is) popular or otherwise, as the case may be, dependant, perhaps largely, upon the state of his (or her) ulcers. Having established this premise, we should be quite within our rights in saying that the Lindsay office is losing a popular assessor in the person of Ivan Cooper. Ivan began his career in assessment in 1967, after graduating from the Haliburton Highlands Secondary School, as an assessor for the Corporation of the Townships of Anson, Hindon and Minden in the Provisional County of Haliburton, and in 1968 became an assessor in and for the said County. After the Province of Ontario assumed the responsibility for property assessment, Ivan and his wife Shirley, moved to Lindsay where Ivan joined the staff of the Regional Assessment office.

Three years of study resulted in successful completion of the course in Assessment Practices and Principles from Queen's University in 1970 and an accreditation of A.I.M.A. being presented. In 1972 Ivan received his M.I.M.A. and in the same year was promoted to Property Assessor III. Now, our loss becomes a gain for the Regional Assessment office in Bracebridge as he has been accepted for the position of Property Assessor IV in that office.

Ivan and Shirley and their children, Sheila six years; Angela three years and Darryl two years moved to Bracebridge in early December. Naturally we are sorry to see them go, but our warmest wishes for their good health and happiness in the years to come, go with them.

Sincerely yours
John P. Hill

Dear Sir:
I was privileged to attend the official opening of the new Lyndhurst Hospital in Toronto on November 13th.

Having been a patient in the old Lyndhurst Lodge for over six months following the spinal injury I suffered in 1960, which left me paralysed, I have a special interest in the wonderful facilities of the new Hospital. Also, since there are two Haliburton boys presently there as patients, I felt it might be of interest to others to learn something about it. I quote from letter of October 30th: Hospital Bulletin.

"The new Hospital is an attractive building providing close to 150,000 square feet of floor area located on a beautiful 6.5 acre ravine site. The old building provided about 30,000 square feet of floor space, much of which was inaccessible to patients and unusable. The new building has provision for 106 in-patient beds, 53 beds on each floor of a 2-story triangular shaped, center service-core nursing wing. The patient accommodation is roomy by general hospital standards as almost all the patients are in wheelchairs. There are 10 single-bed rooms, 8 four-bed rooms of unique design, affording each individual proximity to a window and a high degree of privacy, and 16 other spacious four-bed rooms. Patient room furniture was custom designed to be attractive and functional for people in wheelchairs."

How did I come to be there? Following my accident in 1960 I was taken to Toronto General Hospital where the extent of my injuries was diagnosed. My neck was put in a supporting collar for six weeks, and I also spent considerable time in the "cold room." Here the nurses wear coats. After two to three months I was transferred to Lyndhurst Lodge for therapy treatment on back and legs. This included lying on my back and lifting weights attached to the feet. One morning the Doctor noticed the amount I was lifting and questioned the Nurse as to how many pounds. She replied "20' on right foot, 35 on the left." The Doctor said no other patient had ever lifted 35 pounds. This was indeed a record, so he ordered discontinuance on the left foot, and to keep on with the right one until I could walk. So after six months of that, and treatment in the pool, I was allowed to come home where Cora has looked after me ever since, without too many complications. During my hospitalization Cora stayed with her sister, Mrs. Marion Jones. She spent every day with me and learned a great deal about how to manage. In addition to the attention of my own family, the Jones family and many good friends, gave me great encouragement which certainly helped tremendously in my rehabilitation.

Well that was fourteen years ago, and I have been a member of the Paraplegic Association for some time. It was a happy surprise when the invitation came to attend the opening of the new Hospital, and I became very excited when my wife, Cora, began to make the arrange-

ments for getting me there. I was privileged to have three attendants. My wife, my daughter, Eleanor Addison (who met us at the Hospital), and a good friend Corporal Morris Baker of the O.P.P. who acted as our chauffeur, constituted the three.

We were greeted at the entrance by Head Nurses, whom I recognized, as well as Orderlies John, Tom, Dick, Henry and many more; also a few 1960 patients.

We were ushered into the gymnasium where some 450 or more were gathered to see the ribbon cutting ceremony and to hear the remarks of the various Dignitaries and those of the Paraplegic Association who were responsible for the putting into operation of this wonderful Hospital.

After touring the Hospital, we were given sandwiches and tea, and enjoyed a visit with others. Later we went to visit Robbie Young, a Minden boy also suffering from a spinal injury. We understand that Myles Roberts of Haliburton has also been moved there, although we

didn't see him. Robbie was cheerful and full of hope, so we join with many others in the hope that both he and Myles will make a good recovery. This Hospital, even though it is the best in its field, cannot perform miracles, but with God's help miracles DO HAPPEN, and we certainly wish for those miracles to attend our two local boys, and all the others who enter there.

Before closing, I should mention that the Red Cross works closely with the Hospital, taking patients in wheelchairs to various events of entertainment. I went once in the Red Cross van to the Ice Capades, and enjoyed the excursion immensely. The Red Cross drivers are mostly volunteer personnel, and they do a wonderful job of keeping up the morale of the incapacitated patients.

May God bless this Hospital, its Staff, volunteer workers, and other Organizations who all help to make it a place of hope and well-being.

Yours truly,
John J. Hewitt.

New Years Eve FROLIC

DEER LODGE

North Shore Lake Kashagawigamog

Dance to the music of the big bands played by the one and only Walter D.J.M.C.

BUFFET - FAVORS - BAR

Limited tickets available
Advance Sales Only

\$25.00 per couple Inquiries Welcome 705-457-2281

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85 Kent Street West, Lindsay



ONTARIO HYDRO PHOTO

THIRTY-TON PIPE

A 30-ton section of intake pipe arrives at Ontario Hydro's Bruce Nuclear Power Development on Lake Huron. The 21-foot diameter pipe is part of the cooling water intake for Bruce heavy water plant "B", now under construction. Eventually to extend 2700 feet out under the lake, the intake is made up of 52-foot sections such as this one. A special cradle was designed for the 40-foot trailer to transport the sections. Intake construction began July 23, 1974, and is expected to be completed early in the summer of 1976.

PHOTOGRAPHY
by
Dal Hubbert
457-1789

- Black & White/Colour
- Custom Processing
- Graduations
- Weddings
- Portraits
- Passports
- Industrial
- Commercial
- Publicity

Snow Trails

BOB BREWSTER
OUTDOOR EDITOR
Mercury Snowmobiles

LEARNING TO DRIVE A SNOWMOBILE IS RELATIVELY SIMPLE AND MOST ENJOYABLE. BUT FOR SAFETY'S SAKE, THE MERCURY SNOWMOBILE PEOPLE SUGGEST THAT YOU BENEFIT FROM A VETERAN SNOWMOBILER'S EXPERIENCE. LET HIM EXPLAIN PROPER STARTING, STOPPING AND STEERING PROCEDURES.

THEN, WITH YOUR "INSTRUCTOR" AS A PASSENGER, OPERATE THE SLED SLOWLY AND DELIBERATELY. AN OPEN FIELD IS A GOOD PLACE FOR THIS. BE SURE YOU ARE COMPLETELY FAMILIAR WITH THE CONTROLS, MANEUVERABILITY AND POWER OF YOUR SLED.

WHEN YOU FEEL CAPABLE OF HANDLING THE SNOWMOBILE, TRY DRIVING IT ALONE. AS YOU PROGRESS, YOU'LL PICK UP HELPFUL HANDLING DETAILS. BEFORE LEAVING YOUR PRACTICE FIELD TO GO TRAIL RIDING, BE SURE TO ROUND UP A PARTNER, EVEN WHEN YOU'RE AN EXPERIENCED SNOWMOBILER, THE "BUDDY SYSTEM" SHOULD PREVAIL.



TODAY'S CHILD

BY HELEN ALLEN

THE TORONTO SUN SYNDICATE

David is a handsome five-year-old with blue eyes and blonde hair. He is slim, active and in excellent health. His background is Anglo-Saxon.

David appears to be a bright, alert boy because he is self-confident and inquisitive and welcomes new experiences. However, academically he is below average. He is happy now in regular kindergarten but will need special education. His attention span is short and he doesn't concentrate on anything for long — even a favorite television program.

A real outdoor boy, David would rather play outside than eat and often has to be reminded to come in for meals. He gets on well with other children.

David needs a mother and father who will appreciate his merry personality without having unrealistic expectations of him. It will be good if there are older boys and girls in David's adoption home.

To inquire about adopting David, please write to Today's Child, Ministry of Community and Social Services, Box 888, Station K, Toronto M4P 2H2. For general adoption information, consult your local Children's Aid Society.



HE LOVES THE OUTDOORS



POLICEMAN HONORED — Mrs. Pauline Maitland holds gold medal awarded posthumously to mark bravery of her policeman husband, shot and killed early in 1973 while attempting to question a bank robbery suspect. Const. Leslie Maitland was a member of the Metropolitan Toronto Police Force. The Canadian Banks' Law Enforcement Award, a gold medal and a framed certificate, was presented by the Canadian Bankers' Association to Mrs. Maitland in Glasgow, Scotland, where she now lives. She also received a special award of 1,000 pounds sterling. This second posthumous presentation of the medal brings to 32 the number of police officers honored since the award was started in 1972 (Wide World photo).

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HAVEN COOK 457-1395 HALIBURTON

Sir Sandford expands winter program

Sir Sandford Fleming College has announced an expanded winter admissions program for 1975, allowing secondary school graduates to begin a full-time college course in January or February

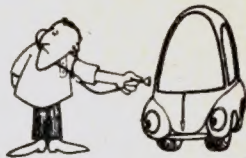
and graduate at the same time as those who began in September, 1974. In effect, this break from the traditional September starting date saves students a full year, and is particularly

useful for January graduates of trimesterized secondary schools, according to Sir Sandford registrar Robert Geddes. The college started the program last year after a survey

of approximately 50 Ontario secondary schools involved in the trimester system indicated such a policy could be successful.

Want to get through the winter safely? Here's some advice

TREAT YOUR CAR TO A CHECK-UP



Cold weather puts extra demands on your car. Some points to check...

BRAKES ... properly adjusted, good linings.
LIGHTS ... all lights working, headlights aimed properly.
BATTERY ... tired batteries die in cold weather.

TIRES ... good tread on regular tires or, better still, snow tires. Bald tires can't grip on ice and snow.
WINDSHIELD WIPERS ... good tension and, in the washers, some anti-freeze.
MUFFLER and TAIL PIPE ... a faulty exhaust, leaking carbon monoxide, could kill you.
ENGINE TUNE-UP ... for colder weather.

GET OFF TO A GOOD START: Slow and easy does it! On packed snow or ice, start in second gear with manual shift, in drive with automatic. Start gently and gradually. In deep snow, turn your wheels a few times to clear a space. Then straighten them and start gently. Gunning the motor spins the wheels and



JACK RABBIT STARTS CAUSE WHEELS TO SPIN!

WATCH OUT FOR TEMPERATURE CHANGES... Ice is more slippery near the melting point than it is at lower temperatures.



KEEP GOING ON HILLS

If you have to stop on a hill, you may not have enough traction to get moving again. It's better to start in a lower gear and keep moving.

ALWAYS KEEP ONE WINDOW OPEN A LITTLE AT ALL TIMES

It will prevent windows from fogging while you drive and from frosting when parked. And it might save you from carbon monoxide poisoning.

PACK YOUR TRUNK FOR EMERGENCIES



A shovel, bag of sand or ashes, tire chains, traction plates, windshield scrapers could save a tow truck bill.

MAKE SURE WINDOWS ARE CLEAR

GET THE FEEL OF THE ROAD

Start out slowly and smoothly. As soon as traffic permits, try your steering, gas and brakes to get the feel of the road.



KEEP A BIGGER CUSHION OF SAFETY



Stopping takes longer on winter roads. And, you may not spot a hazard as quickly when visibility is poor. You need more stopping room between cars.

IF YOU DO HAVE TO STOP IN A HURRY

Pump the brakes. Jamming them on can lock the wheels and cause a skid.



IF YOUR CAR STARTS TO SKID

Turn the front wheels in the direction the back end is swinging.

...AND TEMPERATURE TRAPS!

Watch out for shady spots where ice may stay longer after the sun has dried the rest of the road.



HALL'S LAKE NEWS

by Doreen Stinson

A successful Christmas Party was held at the Stanhope Firehall last Saturday when Seniors and children were hosted by the volunteers. Everyone had a great time and enjoyed seeing the equipment and learning more about the workings of the Brigade.

The Firemen and their spouses or friends held their Christmas dance Saturday evening at the Firehall. This event too was a real success by all accounts.

The ladies of St. Stephen's have been busy decorating the lovely little church at Boskung and have lights on one of the trees outside as well. The Christmas Service will be held on Sunday at 3 P.M. and a special service that same evening at St. Peter's to which the congregation is invited.

Some colleges are out for the holiday season and young folks are beginning to arrive for the festive week and hoping for more snow to enjoy their snow machines.

The Old-Fashioned Christmas Concert at Carnarvon United promises to be a huge success. Old and young alike love these special ways of celebrating the Birthday of the Babe in Bethlehem.

6. Miss Ella Forsyth is coming to spend Christmas with Mrs. Bursey.

Mrs. Verna Jarvis will be spending Christmas with Mrs. Mark Brown.

Mrs. Audrey Wilkinson will be spending Christmas in Toronto with friends, travelling with Mrs. Agnes Elstone.

Mr. & Mrs. Dale MacDonald will be returning to Burlington to spend the Christmas Day with family and friends. Ross attends High School in Burlington and will be with them also.

The lovely white fluffy snow on the trees makes everything look clean and more like the Season of Christmas. One has to drive carefully but the men on the Highway trucks are keeping the roads well plowed and sanded.

The Hyland Crest Auxiliary is having a Party for the Residents this Thursday, the 19th, at 2 p.m. Everyone who can possibly be on hand from the Home will be there to enjoy the beautiful tree, the gifts, the jolly Santa who never fails to show up and the tea and goodies. Those confined to their beds are also served and a gift is taken to each of them. The Home is always beautifully and lovingly decorated and many special events planned for the holidays.

EUCHRE Club 35

AT HALL'S LAKE

EVERY MONDAY NITE
8 P.M.

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ADD 50¢

ART HUNT 489-2313

Beautiful Ideas

Statistics show that women are more active than ever. Suddenly it seems that much has to be accomplished in little time.



To achieve a polished look in only minutes, try some of the newest wig styles at your local beauty salon or department store. Venicelon wigs, produced in Italy, a country where fashion is the number one industry, have distinctive designs backed by superb craftsmanship. Designed by Maurice Tidy of New York they come in thirty-three fashionable colors.

There's no doubt about it: wigs give you an important head start in the race for convenience and beauty!



On New Year's Eve the Germans once tied two trees together with ropes, said that they were married and hoped for increased production.

GELERT GARDENS TAVERN

NEW YEARS EVE Gala Event

HATS, BALLOONS, HORNS
AND LOTS OF FUN
PLUS ENTERTAINMENT WITH

DANNY DANIELS

AND

TOM MASON

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\$20.00 per couple

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one of our representatives

Mr. J. I. McKiernan

will be at Beaconbrook Motor Hotel
Haliburton, Ontario on

January 8th, 1975 between 10 am. and 3 p.m.

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have obtained loans from IDB to acquire land, buildings, and machinery; to increase working capital; to start a new business; and for other purposes.

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YOUR WEEK IN TELEVISION

DEC. 28 — JAN. 3

CKVR BARRIE 3 CHEX PETERBOROUGH 12 GLOBAL 2 & 22

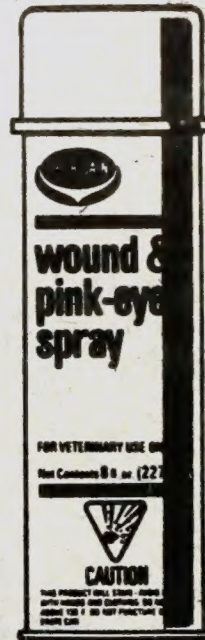
Weekend Viewing

SATURDAY DECEMBER 28		
7:30	3	Happy House
8:00	3	Circle Square
8:30	3	Rocket Robin Hood
8:55	3	Max The Mouse
9:00	3	Brady Kids
	12	Roller Derby
9:30	3	Lassie
10:00	3	Family Affair
	12	Littlest Hobo
10:30	3	Tarzan
	12	Wonders of the Wild
11:00	12	Rocket Robin
11:30	3	Roller Derby
	12	Campus Quiz
12:00	12	Wild Kingsom
12:30	3	Outdoor Sportsman
	12	Grner Ted Armstrong
1:00	3,12	NFL
1:30	22	WHA Hockey
2:00	3,12	Sports Year '74
4:00	3,12	Curling
	22	That Talk Show
5:00	3,12	Bugs Bunny
5:30	22	Let's Go
6:00	3	Movie-Living It Up
	12	Now - Doug Hall
	22	Newsweek
6:30	12	Stompin' Tom
	22	Newsweek
7:00	12	Rhoda
	22	Going Places
7:30	12	TBA
	22	Sports Probe
8:00	3,12	NHL
	22	World of Wicks
8:30	22	The Number to Call
10:00	22	Movie-Strategic Air Command
10:30	3,12	Cellidh
11:00	3,12	The National
11:20	3	Late Edition
	12	Night Final
11:50	12	Movie-Alvarez Kelly
12:00	3	Movie- Darling
2:26	3	Movie- Picture Mommy Dead
4:09	3	Movie- Mission in Morocco
SUNDAY DECEMBER 29		
8:00	3	Day of Discovery
8:30	3,12	O.E.C.A.
10:30	3	Encounter
	12	Horst Koehler
11:00	3	Crossroads
	12	Meeting Place
11:30	3	Ed Allen
12:00	3	Third Degree
	12	Outdoor Sportsman
12:30	3	Herald of Truth
	12	Rex Humbard
1:00	3	Movie Review
	22	Johnny Lombardi
1:30	3,12	Country Canada
2:00	3,12	NFL
2:30	22	The Master's Touch
3:00	22	To You With Love
3:30	22	Niven Miller
4:00	22	Gospel Singin' Time
4:30	3,12	Sports Week
	22	Agape
5:00	3,12	Music to See
	22	E.S.P. With Allan Spraggett
5:30	3	Rhoda
	12	Hym n Sing
	22	World of Wicks
6:00	3,12	World of Disney
	22	Newsweek
6:30	22	Wildlife Cinema
7:00	3,12	Beachcombers
	22	My Country With Pierre Berton
7:30	3,12	Irish Rovers
	22	SHH. It's The News
8:00	3,12	The Waltons
	22	The Great Debate
9:00	3,12	Performance
	22	Global Presents
10:00	3,12	Market Place
	22	Callan
10:30	3,12	Ombudsman
11:00	3,12	The National
	22	The Entertainers
11:20	3	Late Edition
	12	Night Final
11:30	22	Alphabet of Life
11:40	3	Combat
12:00	3	Movie- Tarzan's Revenge

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Daytime Viewing

MONDAY - FRIDAY

8.00	3	Daybeat
9.00	3	Happy House
9.30	3,12	Mon Ami
9.45	3,12	Friendly Giant
10.00	3,12	Camera Twelve
10.30	3,12	Mr. Dressup
11.00	3	Seasame Street
	12	Polka Dot Door and O.E.C.A.
12.00	3	Jetsons
	12	News/Weather/Sports
12.30	3	Partridge Family
	12	Party Game
1.00	3	Truth or Consequences
	12	Movie
1.30	3	This 'n' That
2.30	3,12	Edge of Night
3.00	3	Hollywood Squares
	12	Marie Callaghan
3.30	3,12	Adrienne At Large
	22	Alphabet of Life
4.00	3,12	Family Court
	22	That Talk Show
4.30	3,12	See changes below
5.00	3	Family Affair
	12	My Three Sons
	22	Doctor in the House
5.30	3	Early Edition
	12	Partridge Family
	22	Hollywood Squares

CHANGES

MON. WED., FRI.,		
4.30	3,12	Dr. Zonk and the Zunkins
Mon.		
4.30	22	Allen Spraggett With E.S.P.
TUES.		
4.30	3,12	Mr. Wizard
THURS.		
4.30	3,12	Hi Diddle Day

Evening Viewing Monday to Friday

MONDAY, DECEMBER 30			WEDNESDAY, JANUARY 1			FRIDAY, JANUARY 3		
6.00	3	Movie - Houdini	6.00	22	Global News	6.00	3	Third Degree
	12	Evening Report	6.30	22	Movie - Doctor You've Got to be Kidding		12	Evening Report
	22	Global News					22	Global News
6.30	12	Hawaii Five-O	7.30	3	Music Machine	6.30	3	Outdoor Sportsman
	22	Movie - Easy to Love		12	Bob Newhart Show		12	Gunsmoke
7.30	12	Paul Sands Show	8.00	3,12	This Land		22	Goodtime Country
8.00	3,12	Mary Tyler Moore	8.30	3,12	Muscamera	7.00	3	Movie Review
8.30	3,12	This is the Law		22	Sanford & Son		22	Special Branch
	22	Good Times	9.00	22	New Land	7.30	3	Reach for the Top
9.00	3,12	Cannon	9.30	3,12	International Year End Review		12	Chico & the Man
	22	Close to You - Special				8.00	3,12	All in the Family
10.00	3,12	Old Timers	10.00	22	Global News		22	WHA Hockey
	22	Global News	10.30	3,12	First Person Singular	8.30	3,12	M*A*S*H
10.30	3,12	Man Alive	11.00	3,12	The National	9.00	3,12	Tommy Hunter
11.00	3,12	The National		22	Movie - Wild Angels	10.00	3	Mannix
	22	Movie - Red	11.20	3	Late Edition		12	Night Stalker
11.20	3	Late Edition		12	Night Final	10.30	22	Global News
	12	Night Final	11.50	12	Movie - Walk Don't Run	11.00	3,12	The National
11.50	12	Movie - Under the Yum, Yum Tree	12.00	3	Movie - Dinosaur		22	Movie - Hide Out
12.00	3	Movie - Africa Texas Style				11.20	3	Late Edition
							12	Night Final
TUESDAY, DECEMBER 31			THURSDAY, JANUARY 2			11.50	12	Movie - The World in His Arms
6.00	3	Movie - Mad Monster Feature	6.00	3	Movie - Mark of Zorro	12.00	3	Movie - Hanging Tree
	12	Evening Report		12	Evening Report	2.07	3	Movie - Desert Song
	22	Global News		22	Global News	4.18	3	Movie - The Outcasts of Poker Flats
6.30	12	Movin' On	6.30	12	TBA			
	22	Movie - Loved One		22	Movie - Eye of the Devil			
7.30	12	Bobby Goldsboro	7.30	12	Chopper One			
8.00	3,12	Happy Days	8.00	3,12	Carol Burnett			
8.30	3,12	Police Story	8.30	22	Great Debate			
9.00	22	That Talk Show	9.00	3	Movie - The Whole World is Watching			
9.30	3,12	Front Page Challenge		12	Movie - One-Eyed Soldiers			
10.00	3,12	Up Canada						
	22	Global News	9.30	22	Shh! It's the News			
10.30	3,12	News Magazine	10.00	22	Global News			
11.00	3,12	The National	11.00	3,12	The National			
	22	Movie - You're Never Too Young		22	Movie - Wedding Night			
11.20	3	Late Edition	11.20	3	Late Edition			
	12	Night Final		12	Night Final			
11.30	3,12	Guy Lombardo	11.50	12	Movie - Daring Game			
1.00	3	Movie - Tickle Me	12.00	3	Movie - The Miracle			
4.50	3	Movie - Casanova '70						

NEW YEAR'S DAY HIGHLIGHTS

8.30	3	Daybeat
11.00	3,12	TBA
11.30	3,12	Tournament of Roses Parade
2.00	3	Movie - Gidget Grows Up
	12	Voices of the North
2.30	12	TBA
3.30	3,12	Take Thirty
4.00	3,12	TBA
4.15	3,12	Gov. General and P.M. Turdeau's Messages
4.30	3,12	News
4.45	3,12	Rose Bowl Game

Your government's position on negotiations with the Civil Service Association of Ontario.

The Government of Ontario has offered the CSAO an average 20% pay increase over one year and is prepared to go to arbitration. CSAO leadership has refused this offer and also refuses to go to arbitration. We believe, as your government, we have offered a fair and reasonable contract.

For almost three months now the Government of Ontario has been trying to negotiate a new collective agreement with the Civil Service Association of Ontario covering some 19,000 civil servants in the Operational Services Category.

With less than two weeks' negotiating time left before the current contract expires and the CSAO threatening an illegal strike on January 1st if it doesn't have a new agreement by then, we thought it was time to let you, the taxpayers of Ontario, know directly how and where things stand.

After all, it is your tax dollars that will be used to pay for any wage settlement we make with these employees. And it is your services that will be threatened with disruption if the CSAO carries out its threat of an illegal walkout.

The government has tried to negotiate in good faith.

The CSAO first served its demands on the government on September 27th. The Association told us then it wanted a 61½ per cent wage increase in a one-year contract for 1975.

That didn't seem to government negotiators to be a serious or realistic demand on which to base negotiations and we began a series of meetings with CSAO representatives to try and discover where the real bargaining area lay. We met twice in October and again for two days early in November.

During those meetings we set forth our counter-proposals. First, we suggested a two-year contract with wage increases of 10 to 16 per cent in the first year and 8 per cent in the second.

Despite written assurance that this was a negotiable offer, the CSAO leadership insisted on taking it to its membership and, on that basis, on getting a mandate for an illegal strike if there was no agreement by January 1st.

The CSAO membership vote took two weeks and it wasn't until December 2nd and 3rd that we were able to sit down again with Association representatives. At these meetings, as they had from the outset, CSAO negotiators refused to move from their initial demand for a 61½ per cent wage increase—an increase that would cost you, the taxpayers of Ontario, almost \$100 million in additional wage bills in 1975.

Given this situation, government negotiators decided a major move was necessary. Since the CSAO had been insisting that the government make an offer it could take back to its member-

ship, on December 3rd our representatives put their full mandate on the bargaining table.

The government has made a fair and reasonable wage offer.

The offer tabled by government negotiators on December 3rd represented a considerable move from our initial position. In recognition of the uncertainties caused by Canada's current inflationary climate, we proposed a one-year contract which would allow both sides to return to the bargaining table in 12 months when we could review the economic situation at that time.

For the 12 months of 1975, we proposed wage increases averaging 20 per cent for the 19,000 employees involved. The increases actually ranged from 15 to 23 per cent, depending on the employee group involved, but more than 80 per cent of the civil servants would receive 20 per cent or more. The cost to the taxpayers of these increases would be \$32.7 million in 1975.

The government made this proposal in a sincere attempt to be fair and reasonable with its employees, while, at the same time, recognizing its wider responsibilities to the taxpayers and economy of our province. Our research, based on surveys of more than 120 employers in Ontario, indicated that our wage levels would be competitive with those paid elsewhere in the province for comparable work. In fact, the 20 per cent increase for one year compared with an average annual increase of 14.5 per cent in contracts signed in recent months by private employers in Ontario.

The government is moving to improve the collective bargaining system.

Concurrently, but separate from the actual wage negotiations, government representatives have been discussing with the CSAO and other employee organizations possible changes in the Crown Employees Collective Bargaining Act which governs collective bargaining for public servants.

On December 5th the Hon. Eric Winkler, Chairman of the Management Board, introduced the government's proposed amendments in the Legislature. The Bill recommends a number of changes in the Act, including three highly significant ones:

(1) It proposes a revision in the method of appointing arbitration boards (the ultimate recourse under the law to settle differences) to ensure that the makeup of these boards does not appear to favor either side. Under the proposed change, the employee agent and the employer each would name one member to the board and they, in turn,

would agree on the choice of a neutral third person as chairman. This amendment responds directly to one of the major demands made by the CSAO in its campaign against the Act.

(2) Similar changes would be made to ensure full and equal employee representation on the Public Service Grievance Board and the Ontario Public Service Labor Relations Tribunal, the other two major bodies established under the Act.

(3) If these amendments are accepted by the Legislature, employees henceforth would be able to bargain on such matters as promotions, demotions, transfers, layoffs and the classification and job evaluation system. Under the present law, all of these are considered management's prerogative. The proposed amendments also provide an opportunity, short of actual bargaining, for employee representatives to discuss and review with the employer the governing principles of the merit system, training and development, appraisal and super annuation.

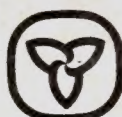
The government wants a settlement — but it must be prepared for an illegal strike.

During recent days, there has been one new development. On December 13th the CSAO, for the first time, formally dropped its demand for a 61½ per cent wage increase and said, instead, it wanted a 41 per cent hike for 1975. At the time this statement was prepared the government had replied that it could not in all responsibility accept a demand of that magnitude.

The government, for its part, remains ready to negotiate seriously and in good faith within the framework of its December 3rd proposal. We have already offered to submit the issue to an arbitration board to be set up on the basis of the proposed amendments to the Crown Employees Collective Bargaining Act.

In the meantime, since January 1st isn't far away, the government has had to formulate contingency plans in the event the CSAO leadership persists in calling an illegal strike. We hope that doesn't happen. We expect that our employees won't break the law. But if they do, we are determined to meet our responsibility to maintain those services you rightfully expect to receive from your government.

We believe we have been fair and reasonable with our employees and responsible to you as taxpayers and to the economy of our province.



Ontario

Government of Ontario
Management Board

TODAY'S HEALTH

"Diseases of choice" are eating up health budget

by David Woods

We have heard much in recent months about the runaway costs of health care. Ontario Minister of Health, Frank Miller, warned in October that costs are increasing by about 16 per cent a year in this province — and that the total health bill could reach \$11 billion by 1984, approximately the figure for the whole of Canada in 1974.

Much of this expenditure is on what Miller and others have called "diseases of choice." In other words, we're increasingly using medical and hospital services to treat diseases we could avoid in the first place.

Since this is a time of year for stocktaking and new resolutions, let's look at some of these diseases of choice and how they can be avoided.

Obesity — Earlier this year, a Nutrition Canada survey reported that more than half of all Canadians are overweight. For some people — very few — the problem is not avoidable; but for most, it is. Resolve to get back to your ideal weight through proper diet and regular exercise.

Heart Disease — The incidence of heart attacks has increased by 60 per cent over the past 15 years. And it's still rising. Heart disease is the major cause of death in adults — and is largely a disease of choice, or lifestyle. Here again, diet and exercise, properly conducted, is the

answer. And so is quitting the cigarette habit, so strongly implicated in heart disease.

Alcoholism — In Ontario, alcohol plays a part in half of all auto accidents, accounts for hundreds of thousands of man-hours a year in absenteeism from work, and for more than 10 per cent of all hospital costs. It is estimated that close to 300,000 Ontarians drink enough alcohol to endanger their health. If you think you're one of these, resolve to drink only in moderation, but if you can't do that, you'd be better to quit altogether.

Stress and Anxiety — Inevitabilities of modern living they may be, but too much of either is dangerous. Resolve to recognize your boiling point, and to cool things off not by popping tranquilizers, but by getting involved in some activity that will counterbalance the pressures. Exercise, relaxing hobbies and yoga are all good antidotes.

Resolutions are easy to make and difficult to keep. As far as your health is concerned, nothing could be more worthwhile than consciously choosing not to risk getting "diseases of choice". But don't attempt to do it all at once. It may be very noble to try to replace all your health vices with virtues in one fell swoop, but it's almost impossible.

Make your resolutions one by one — and stick to them. And have a happy, healthy New Year.

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Pensions increased

OTTAWA - Increases in the Old Age Security Pension, Guaranteed Income Supplement payments and Canada Pension Plan, effective in January 1975, were announced today by Health and Welfare Minister Marc Lalonde.

They represent the fifth quarterly escalation based on the cost of living, as provided for in the Old Age Security Act.

The new monthly total at the single rate for persons receiving both the basic Old Age Security pension and maximum Guaranteed Income Supplement will be \$204.27.

For a married couple who are both pensioners, the combination of the basic pension and maximum supplement will provide a payment of \$389.70 for the couple monthly.

The basic Old Age Security pension will rise in January to \$120.06 from the present \$117.02.

The maximum Guaranteed

Income Supplement for a single person, or a married person whose spouse is not a pensioner, will go up in January to \$84.21 from its current \$82.08. The maximum supplement for a married couple, both pensioners, will increase to \$74.79 each from \$72.89. Added to the basic pension, this will give each married pensioner \$194.85 monthly, or a total of \$389.70 for the couple. As well, some 600,000 pensioners and beneficiaries under the Canada Pension Plan will receive increases in their pension of 10.4 per cent. The current maximum Canada Pension Plan retirement pension will rise to \$121.00 a month as of January, 1975, from \$109.60. The increase reflects the rise in cost of living in the last year and will apply to all persons in receipt of CPP benefits or pensions as of December 31, 1974. The increase will be reflected in the January cheques.

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The combination of the adjusted Old Age Security pension and Canada Pension Plan retirement benefit will provide monthly payments of \$241.06 where the maximum 1974 CPP pension is payable.

Sunday recitals start

The Kawartha Festival Foundation will present a series of Sunday Afternoon Recitals beginning December 29th in the Reception Room of the Academy Theatre. Aided by a LIP grant from the Federal Government, the Kawartha Festival is beginning to institute Year Round Programming at the Academy.

Starting in a small way, the decision is to open the reception room every Sunday afternoon and put on a series which will include singers, instrumentalists, poetry reading, readings of short plays and variety artists. The music will be classical, folk, western and pop, in fact anything that the talented performers of Victoria-Haliburton Counties wish to do.

Dennis Sweeting, Producer of the Kawartha Festival, announced the first concert:

a Little Britain effort, with Tammy Blacher, Mark and Debbie Chamberlain, folk singers and Blair Smith guitarist. The concert will start at 2:30 p.m. and run until approximately four o'clock. Tea and coffee will be served at four so that the audience can talk to the artists and an informal atmosphere will be created. The Reception Room of the Academy is run by the Academy Theatre Women's Guild who derive revenue from it and help the Academy in many ways. Most recent donation from the Guild is a new piano which fits in the theatre's orchestra pit, a long-needed gift. Arrival of the piano has enabled the theatre to put its principal instrument, an upright Steinway model into the reception room

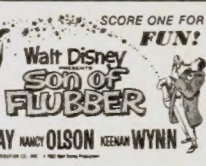
where it will be used by the Sunday afternoon concert artists.

The Festival would like to hear from music teachers and artists in the Victoria-Haliburton region with suggestions for concerts. Mr. Sweeting pointed out that the afternoons are not intended to be amateur hours and a high standard will be demanded of the artists appearing.

Later in the year, one or two concert artists from the Royal Conservatory in Toronto may appear, details of concerts will be announced a month ahead of time. Directors of the Kawartha Festival feel that the provision of this type of entertainment on Sundays will be a welcome addition for many people in Lindsay.

Beaver Theatre MINDEN, ONT.

Fri. 27 Sat. 28



Sun. 29

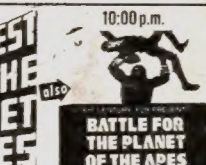
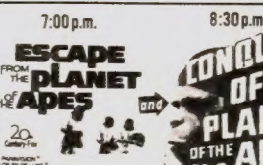
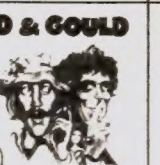
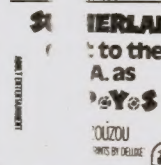
Fri. 3 Sat. 4



MOLOU Theatre HALIBURTON

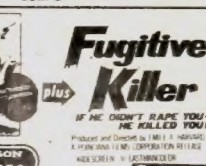
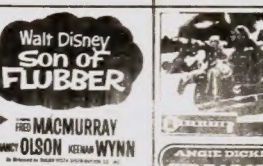
Fri. 27 Sat. 28

"GO APE" Sun. 29



Fri. 3 Sat. 4

Sun. 5



St. Paul's Christmas services

Tuesday, 24 December (Christmas Eve)
8:30 P.M. "Midnight" Eucharist of Christmas
Wednesday, 25 December, (Christmas Day)
8:00 A.M. Holy Eucharist
Friday, 27 December (St. John, Apostle and Evangelist)
4:30 P.M. Holy Eucharist
Saturday, 28 December (The Holy Innocents)
10:00 A.M. Holy Eucharist

At St. Peter's Maple Lake
Sun. 22 Dec. 7:30P.M. Festival of Lessons & Carols
Wed. 25 Dec. 9:30A.M. Holy Eucharist

At St. Stephen's, Boskung

Sun. 22 Dec. 3:00P.M. Holy Eucharist
Sun. 29 Dec. 3:00P.M. Holy Eucharist-Patrol Festival



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ABOUT THE TOWN

with Jeanne Sears



The community sends good wishes to these residents at Hyland crest celebrating birthdays this month, Emily Bain, Louise Yarnold, Maud Boice and Wesley Smith.

Here is copy from the card sent to people in our community from Peggy and John Latimer of Kilcoo Camp- Let's focus on Living to- day- Not dwelling on the failures and glories of the past.

Being grateful for those who like us-Not criticizing those who dislike us
Acknowledging-not condemning the benefits of our So- ciety, politicians, Schools and Churches.
Developing tenderness, not worshipping violence.
Recognizing strengths, Not finding faults.
"I trust, like and love" Not "I distrust, dislike and hate."
We can't get everything into focus- but isn't it worth a try?

Kin Lyle McKnight and Eldon Deacon are to be co- chairmen for Mindens's Winter Carnival Jan 31st-Feb 2nd. Glad to hear that this winter event will carry on as it has been very successful in past years.

There was a Pot Luck Supper by the Lydia Group of the U.C.W. at the home of Mrs. Percy Brintnell on Wed. Dec. 11th and all enjoyed a social time.

Do you think this is true? For good or ill, your conver- sation is your advertise ment. Every time you open your mouth, you let men look into your mind.

Mr. and Mrs. Gerald Cox of Toronto were weekend guests with his parents Mr. and Mrs. Denzil Cox and girls.

This is the beginning of a new day.
I can waste it or use it for good.
What I do to-day is important because
I am exchanging a day of my life for it.
When to-morrow comes, this day will be gone for- ever,
Leaving in its place something I have traded for it.
I want it to be gain, not loss, not evil, success not failure
In order that I shall not regret the price that I paid for to-day.
Anon.

Tuesday evening at the United Church Hall the Martha Group of U.C.W. had their Christmas Party with exchange of gifts and delicious lunch and social time.
The hardest lesson we learn in life (if we ever do learn it) is simply to leave other people alone, to stop bugging them and trying to change them. The only person in this life you can ever change--and it's hard work at that-----is yourself.
R.J.Needham.

Whatever else is lost among the years,
Let us keep Christmas--
It's meaning never ends...
Whatever doubts assail us, or what fears--
Let us hold close this day---
Remembering friends.

Don't throw out those Postage stamps, we know some- one who sends these away to help others not so fort- unate as ourselves.

A smile is something nice to see,
It doesn't cost a cent
A smile is something all your own
It never can be lent.
A smile is welcome anywhere
It does away with frowns
A smile is good for everyone
To ease the ups and downs.
Anon.

When you are putting away your Christmas Cards take a moment to think of the person who sent them. Too often old friends are forgotten until it is time to send them the annual card. If they are shut-ins why not take a minute in the midst of your busy Christmas Day to phone and wish them well.

We would like to thank all those persons who help us to do this column, phoning in items or sending us items. As we start another year very soon, let us take time to smile, it is a ray of sunshine on a stormy day. Any- way we hope everyone has a very Happy Holiday and all the best for a very prosperous and healthy New Year.

Cheerio.

CENTENNIAL CORNER



LEGACY

This Centennial Corner concludes a year of facts about Haliburton County and the contribution of its forebears to make this Centennial possible. This is the Centennial celebration of all Haliburton people, who individually and in groups have made their mark and kindled an awareness of the value of what has gone before as a background for a unified future. Haliburton Trapper Theo, Peacock writes: "Now all these things were left to me As I leave them to you Enjoy them all while you are here Then pass them on when you are through." *

and Nila Reynolds in the last paragraph of "In Quest of Yesterday."

"This is our secret. For being born and growing up in Haliburton County there is a price to be paid. It can prove very costly. For us, no other skies and hills can be so fair, no other winds and waters so satisfying as those we knew in childhood. Though we travel twice round the globe and back, reaching the pinnacle of success in any of the world's capitals, we must forever remain exiles. For us no place except the Highlands of Haliburton can ever be truly "home to the heart." *

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A stack of these newspaper logs will add sparkle to your fire. And if you don't want to go to these lengths to get coloured flames in your fireplace this winter, just throw in a handful of pure borax or salt and try to see your dreams in the flames.

Borax brightens winter fires

ONCE the daily or weekly newspaper has been read, and articles of interest clipped and put in the kitchen drawer, there still remains a large quantity of paper to get rid of. There are three ways of disposing of these accumulations of newspaper.

You can throw them in with your regular garbage, which we are not encouraged to do in most areas.

You can bundle them up for collection - in most places someone comes around regularly to pick up old newspapers.

Or if you have a fireplace you can try your own personal recycling system by making logs for winter evenings. By adding one of several chemicals, you will finish up with an inexpensive log which will burn with brightly coloured flames to enjoy on those dismal winter evenings.

All the chemicals listed below are fairly easy to obtain but need to be used with common sense and caution. Keep them out of the reach of children and pets, and mix them in a disposable plastic container as most of them will corrode metals. Don't use a container you might unthinkingly later use for food, it's better to be safe than sorry.

And remember, in this case red and yellow do not combine orange so don't try to combine

chemicals for different colours. Rubber gloves are probably a good idea too.

Add about a half pound of the chemical you choose to a half gallon of water. Soak the newspaper thoroughly in the solution and drain off the excess liquid. Then roll the sheets of newspaper tightly until you have a log of the required size and leave to dry.

A roll 3" in diameter will take about a week to dry.

For a purple flame, use Lithium Chloride; red - Strontium Nitrate; orange - Calcium Chloride; yellow - Potassium Nitrate; apple green - Barium Nitrate; blue - Copper Sulphate. All these chemicals can be obtained in a large drug-store.

Without even leaving the house, you can find chemicals to produce two of the most attractive colours. Common table salt will give you a yellow flame and for a startling green flame use a solution of pure borax such as 20 Mule Team Borax.

A stack of these newspaper logs will add sparkle to your fire. And if you don't want to go to these lengths to get coloured flames in your fireplace this winter, just throw in a handful of pure borax or salt and try to see your dreams in the flames.

SPORTS

by Cliff Burke

Hodgson Bantam Tourney Results

The following are the results of the games played in the Bantam Hockey Tournament in Haliburton on Friday and Saturday, December 13 and 14:

Game 1- Minden 3- Haliburton 2- decided on the basis of a tie game, tied number of Penalties, with Minden scoring the first goal.

Game 2- Bancroft 3- Willowdale Boys' Club 0

Game 3- Oakwood 7- Lindsay Ops 3

Game 4 - Beaverton 3 - Sunderland 1

Game 5- Haliburton 4 - Willowdale Boys' Club 0

Game 6 - Bancroft 2 - Minden 0

Game 7- Lindsay Ops - 13 - Sunderland 1

Game 8- Oakwood 2 - Beaverton 1

Finals: Lindsay Ops 3, Haliburton 2 in sudden death overtime. Scores - Ops -Laverne Currins from Jim Pearson, Ops - Burt Walden from Brad Prentice, both second period goals.

Haliburton - Chris Hodgson

Haliburton - Andy Salvatori with 8 seconds in the game to tie score.

Ops - Jim Pearson scored the winning goal at 2:38 in overtime to win the Consolation Event for the R. Glen Hodgson trophy which was presented by Glen Hodgson. Individual trophies were presented to the players by Doug Hodgson and hockey sticks were presented to the players on the losing team. The member of the Haliburton team met the Lindsay Ops team at the blue line to present Haliburton County Hockey Crests to the players.

Bancroft 7 -Oakwood 1 for the Clayton W. Hodgson Memorial Trophy.

Scores- Bancroft- Bill Franksy, first period

Bancroft- Stew Symes from Steve Charbonneau, first period.

Oakwood- Ron Anderson from Edward McLean, second period

Bancroft- Kim Hinze, third period

Bancroft- Randy Franksy from Kim Hinze, third period

Bancroft- Steve Charbonneau, third period

Bancroft- Billy Franksy, third period

The Clayton W. Hodgson Memorial Trophy was presented to Bancroft by Tom Hodgson and Vance English along with individual trophies. The members of the Oakwood team received hockey sticks.

The running of a Tournament such as this takes a great deal of work and organization and everyone associated with it appreciated the great effort that Tournament Chairman, Len Salvatori, put forth during the whole time. The Hockey Association extends its thanks to the ladies that worked so hard to provide lunch for the people attending the Tournament, with a special vote of thanks going to Betty Salvatori and Barbara Hodgson. It is very difficult to get people to referee games and we in Haliburton are fortunate to have Mark Schell, Claude Parish, John Rouble and Bob English who gave of their time to perform this task. The hockey sticks given to the members of the losing teams in both finals were made by Grant Rae. Bob Muscalow helped as Equipment Manager and unofficial assistant to Len Salvatori in carrying out the organization of the day.

There were many other people who helped with this Tournament. It makes one feel good to live in a community where there are people willing to help. Special thanks goes to a number of school children who sold tickets, served lunch and carried out other assorted tasks to help make the Tournament a success.

Broomball

The Minden Broomball League has two weeks off for the holidays before action resumes Jan. 7th. Alton Movers still remain undefeated through seven games, having outscored the opposition 33-2, including 5 shut-outs shared by Paul Fleming and Lionel Walker. Six points back are the Horseshoe Lakers who defeated the OPP 3-0 last Tuesday night. The Lakers have accumulated 3 shutouts and outscored the opposition 15-10 in recording 4 wins against 3 losses. The OPP now have a 3-4 record, good enough for 6 points and 3rd place.

Still floundering in the league basement are the Minden Telestars, who have yet to record a victory. The Stars have only scored two goals in seven games and are having problems in goal as well, having allowed a confidence, has been the appointment of George Nicholmore when Randy Warburton suffered a dislocated collar bone and will be out of action for about 5 weeks.

Monarchs game reports

BY DWIGHT THOMAS

The Minden Monarchs are looking toward the New Year with great anticipation of a late season surge to the playoffs. After a dismal first half, which saw the Minden boys lose 14 games and tie one, the Monarchs feel they are going to put it together after the New Year. Undoubtedly a major factor in helping the teams confidence, has been the appointment s of George Nicholls and Dick Kinsmen as co-coaches. These men are providing the stability and leadership to help knit the Monarchs into a tighter hockey unit. And the team's performance in the past few games lends credibility to this assertion. Earlier in the season Minden were losing games by scores of 13-1, 11-0, 10-1 etc. But in the Monarch's last two games, and co-incidentally first two games since the coaching change, the home club has made respectable showing, losing 9-6 to Penetang, who share the league lead with Bracebridge at 23 points, and falling to Schomberg 7-5. At Penetang, Minden were down 8-3 at one point and, judging from past performances, should have folded and allowed about a half dozen more goals. However the Monarchs came back with 3 more goals and never gave up until the final buzzer. The same applies to the game at King City. Minden were leading 3-1 at one point, then suffered about a 5 minute mental lapse during which time Schomberg scored 5 goals to take a 6-3 lead going into the final stanza. Once again, as a rule, this should have finished the Monarchs for the game but Minden went to the attack in the third and their constant work was rewarded by two goals, just 17 seconds apart. The final Schomberg tally was into an empty Minden net, as the Monarchs tried in vain to score the equalizer. The big change is that Minden never gave up. This team is going to get stronger and is giving a creditable showing in a strong, established Int. C. league. People must remember that this is only our first year of operation against teams that have been in the league for many years. It takes a few years to be a potential championship team, but with an Intermediate team where there are no age limits, team members have the chance of playing together for a number of seasons. This greatly increases the chances of Minden, once again, having a winning Intermediate team, such as the championship teams of the late '40's and early '50's when the Minden Monarchs were known far and wide as one of the best Intermediate hockey teams in all of Ontario.

This team is worthy of our support and the best Christmas present we can give the Monarchs is our loyal, vociferous support now and in the New Year, as they strive to provide us with the good hockey we can all be provide us with the good hockey we can all be proud of. To you and yours, the Minden Monarchs and myself wish a very Joyous Christmas, and, together, may we share in a bright and prosperous New Year.

Monarch games over the holiday period are: Friday, Dec. 27, 8:45 PM - Bradford at Minden. Sunday, Dec. 29, 8:00 PM -Minden at Elmvalle. Friday, Jan. 3. 8:45PM Schomberg at Minden. All Monarchs home games will start at 8:45 PM in order to avoid conflict with Minor Hockey Games.

Minor Hockey Notes

In Pee Wee A action last week, the Minden team defeated Bobcaygeon 6-4 at Minden. Minden Midget B's defeated Wilberforce 6-3 Tuesday night, then defeated Haliburton 9-8 the following night. In the game played at Haliburton, Barry Shaw scored three goals and added 5 assists while Kirk Coneybeare scored 2 goals plus 6 assists.

Minden Atom A's were defeated by Fenelon Falls 9-0 last Wednesday night.

All hockey scores should be submitted to either Dwight Thomas or the Progress office by 5 P.M. Monday for entry into that week's edition.

CENTRAL ONTARIO O.H.A. JR. "D" League Standings as of Dec. 8, 1974

Teams	G.P.	W	L	T	G.F.	G.A.	P.
Lakefield	7	7	0	0	38	18	14
Haliburton	8	6	2	0	44	29	12
Bancroft	8	5	3	0	43	33	10
Little Britain	7	2	4	1	32	39	5
Newcastle	8	2	6	0	34	54	4
Bobcaygeon	8	0	7	1	17	35	1

Previous Week's Results

Date	Visitor	Home
Dec. 3/74	Bancroft (8)	Newcastle (3)
Dec. 6/74	Haliburton(4)	Bobcaygeon(3)
Dec. 7/74	Lakefield (5)	Little Britain(4)
Dec. 7/74	Bancroft (1)	Haliburton(5)
Dec. 8/74	Newcastle(2)	Lakefield(6)
Dec. 8/74	Bobcaygeon(2)	Bancroft(5)

Scoring Statistics as of Dec. 8/74

Name	Team	G.	A.	Points
Loren Hawley	Bancroft	9	14	23
Greg Welton	Little Britain	6	9	15
Murray Wilson	Bancroft	6	8	14
Rick Wood	Haliburton	4	10	14
Wayne Patton	Little Britain	8	5	13
Nico DeJong	Newcastle	8	5	13
Dana Neuman	Bancroft	10	2	12
Tim Curry	Haliburton	8	4	12
Floyd Henry	Haliburton	7	5	12
Gord Hendren	Lakefield	7	4	11
Roger Kellar	Bancroft	4	7	11
Elton Neuman	Bancroft	2	9	11
Ian Hunt	Lakefield	2	9	11
Roger Bain	Haliburton	5	5	10
Ron Suggitt	Little Britain	4	6	10
John Welch	Haliburton	6	3	9
Doug Shannon	Lakefield	4	5	9
Ken Boyd	Newcastle	4	5	9
Ward Peddick	Lakefield	3	6	9

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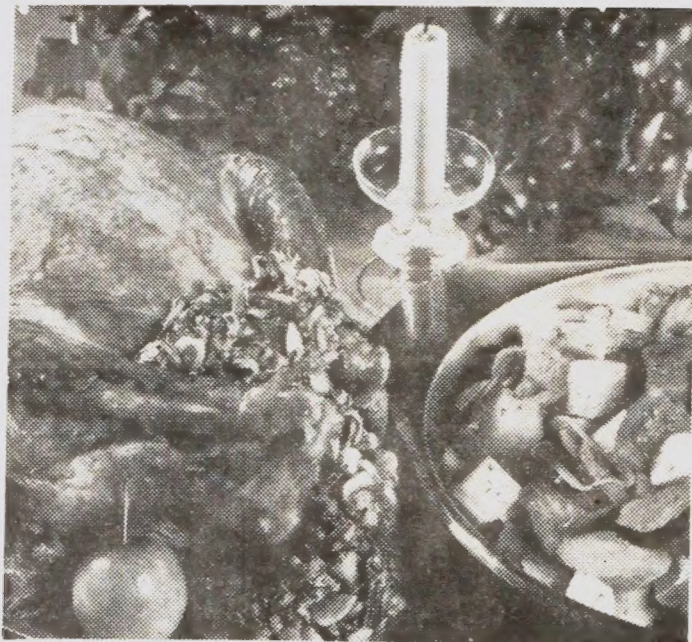
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Season's Eatings

TRADITIONAL AND NOW

Follow tradition, yet surprise everyone with something different on the Christmas board this year. Cook the usual plump delicious symbolic turkey, but fill its cavity with a gourmet Wild Rice Stuffing. Eliminate the problem of selecting one vegetable, on a day when anything goes. Do it our way and offer a medley of shapes, color and flavor . . . a most tasty Ghivetch. Prepare Duchess Potatoes ahead of time then pop them into the oven when the time is ripe.

Since Christmas colors have traditionally been red and green, open the meal with ruby broth and close with a spinach salad. And . . . to satisfy dessert lovers, serve the plum pudding and sauce they demand.

Who says you must spend Christmas day in the kitchen? No need, say food specialists at the Ontario Food Council. Christmas is to be enjoyed by all, and our menu guarantees it.

Christmas Broth
Roast Turkey - Gourmet Wild Rice Stuffing
Ghivetch
Duchess Potatoes
Spinach - Onion - Orange Salad
Plum Pudding - Brandy Sauce

Christmas Broth: Make it a day or two ahead, refrigerate. Bag the croutons and store them at room temperature.

CHRISTMAS BROTH

2 cans (28 ounces each)
Canada Choice tomatoes
2 stalks celery, with leaves
2 carrots, scraped
1 green pepper seeded
1 large onion
3 peppercorns
2 whole cloves
1 teaspoon salt
½ teaspoon basil
1 teaspoon sugar
¼ cup Ontario Port wine
1 tablespoon fresh lemon juice
*Cheese Croutons (recipe below)

Empty tomatoes, juice and all, into a large saucepan, breaking the solid chunks up with a fork. Cut the vegetables into chunks and add them to the pot. Stir in peppercorns, cloves, salt, basil, and sugar. Cover the saucepan tightly and bring it to a boil, then lower the heat and simmer for one hour, stirring once or twice. Cool. Strain the soup through a fine sieve squeezing all the juices out of the vegetables. Return the bouillon to the saucepan, add the Port and lemon juice. Bring to a boil and serve, adding a few cheese croutons to each serving if desired.

Makes 5 cups.

CHEESE CROUTONS

2 slices day-old white bread
1 tablespoon butter
2 tablespoons freshly grated Parmesan cheese

Use a firm rather than spongy type bread. Trim the cruster and cut the bread into one-quarter inch cubes. Melt the butter in an oven proof dish or pie plate; add the bread cubes and cheese. Toss. Set in a 250 degree F. oven for 1 hour.

To roast the 1974 model turkey, it is best to use a meat thermometer. If you don't have one, ask Santa to drop one in your Christmas stocking. It will eliminate guess-work when roasting, all year round.

You can defrost a whole turkey in one of 3 ways, depending on your time schedule and refrigerator space. Leave the plastic wrapper on, no matter which method you use. The refrigerator is the ideal place for thawing, as it keeps the meat cold until it is completely defrosted. Allow about 5 hours per pound for thawing in refrigerator, 1 hour per pound for thawing in cold water, and 1½ hours per pound for thawing at room temperature. For more-even thawing at room temperature, place the wrapped turkey in a brown paper bag.

You can prepare the stuffing a day ahead, of course, but you must not stuff the turkey ahead of time. Allow an extra hour to stuff and truss the turkey just before it is scheduled for the oven.

EASY GOURMET WILD RICE STUFFING

1½ cups Wild Rice
sufficient for 10 to 12 lb. turkey

Wash rice in cold water. Stir rice into 5 cups boiling water. Parboil 5 minutes only. Remove from heat. Cover. Set aside for one hour. Drain. Wash. Then, cook drained rice in boiling salted water for 25 minutes. Drain. Set aside.

6 tablespoons butter
¾ cup (2 medium) onions, chopped
¾ pound small mushrooms, sliced (4½ cups)
¾ cup chopped toasted almonds (3 ounces)
3 tablespoons flour
1 can (10 ounces) beef bouillon
1½ teaspoons salt
scant ½ teaspoon pepper
1 cup chopped fresh parsley

Melt butter in a large skillet, saute onions, mushrooms, almonds, on high heat, for about 5 minutes. Stir in flour, cook for one minute. Add bouillon, cook, stirring until smooth and thickened. Add seasonings, parsley and rice. Toss gently.

Stuff 1 ready-to-cook turkey

Yield: 8½ cups

Stuff and truss the turkey. Brush with butter or oil and sprinkle with salt and pepper. Roast breast side up on a rack in a shallow pan. Cover with foil, leaving open at the sides. To finish browning turkey, remove foil 1 hour before end of cooking time and baste with drippings.

ROASTING TIMETABLE*

(325 degrees F. oven)
for Whole Turkeys

Weight (Pounds)	Time (Hours)
8	3¾ to 4½
12	4¾ to 5½
16	5¾ to 6
20	5¾ to 6½
24	6¾ to 7

*Stuffed, unstuffed and self-basting type turkeys require the same time to cook. Begin testing for doneness at the shorter time within the range.

TESTING FOR DONENESS

Whole turkey: Press thick part of drumstick; if it feels soft the bird is done. The leg should move readily when you twist it. If using a meat thermometer, roast stuffed turkey to 165 degrees F. in stuffing and unstuffed turkey to 185 degrees F. in the thigh.

Don't stint on seasonings and don't cook it too long — those are the only rules for success with Ghivetch. When you serve them, the vegetables should still be crisp and have a lot of their original color. Bag vegetables in groups ahead of time.

GHIVETCH

1 cup diced potato (2 small)
1 small yellow squash, thinly sliced, (peel, cut in half, remove seeds, slice thinly)
3 cups rutabaga (¾ inch cubes)

2 cups carrot coins (¾ inch thick, 3 to 4 medium)
1 cup fresh green beans, sliced into 1 inch diagonals
½ cup celery, sliced about ¼ inch thick on the diagonal (1 stalk)
½ Spanish onion, thinly sliced

2 medium tomatoes, cored and cut into quarters
½ cup julienne strips green pepper
1 cup beef bouillon (use 1 cube in 1 cup boiling water)
1/3 cup olive oil
2 small cloves garlic, crushed
2 teaspoons salt
½ bay leaf, crumbled
¼ teaspoon tarragon

Wash and prepare all the vegetables, cutting them into the sizes and shapes given above. Preheat electric frypan. Put the bouillon in a small saucepan, add the oil, garlic, salt, bay leaf, tarragon and heat to boiling. Mix potato, squash and rutabaga in frypan. Pour the bouillon mixture over the vegetables. Cook, covered 10 minutes only. Add carrots, green beans, celery and onion. Toss lightly. Cook another 10 minutes. Toss lightly. Add tomatoes and green pepper. Cook 5 minutes only.

Serve immediately.

Makes 10 - 12 servings.

The turkey should emerge from the oven ½ hour before serving to ease the carving. So, it's a good time to set the oven at 425 degrees F. and do the potatoes.

DUCHES POTATOES

Make 2 batches to serve 12

6 medium potatoes (about 2 pounds), peeled
1 cup water
1 teaspoon salt
3 tablespoons butter
2 tablespoons milk
Dash pepper
1/8 teaspoon nutmeg (optional)
2 eggs

Cook potatoes in boiling salted water until tender. Drain and mash. Beat in butter, milk, pepper and nutmeg. Combine 1 whole egg and 1 egg yolk. Beat into potatoes. Shape into 12 mounds on greased cookie sheet. Beat remaining egg white lightly; brush over potatoes. Bake at 425 degrees F. until golden, (about 20 minutes).

Makes 6 servings.

The salad greens can be rinsed, patted dry, broken and refrigerated. Make the dressing ahead of time and combine the lot at serving time.

SPINACH, ONION & ORANGE SALAD

1 head lettuce
1 package (10 ounces) fresh spinach
1 can (10 ounces) mandarin oranges, drained
½ Spanish onion, thinly sliced

Orange French dressing — (recipe below)

Tear lettuce and spinach into bite size pieces. Place in a bowl; arrange onion and mandarins on top. When serving, add dressing; toss well.

ORANGE FRENCH DRESSING

1/3 cup vegetable oil
1 tablespoon lemon juice
2 tablespoons mandarin juice or orange juice
1 teaspoon salt
1 teaspoon sugar
¼ teaspoon dry mustard
1/8 teaspoon pepper
½ teaspoon paprika (optional)

Combine in a jar with lid. Shake to blend before using.

Keep chilled.

Makes: 10 - 12 servings.

CHRISTMAS PLUM PUDDING

Traditionally the plum pudding is made early in December — partly to let it "ripen" — partly to get you in a festive mood — mostly to lighten your burden as December days get busier with a round of social events. There is still time to make the pudding — but do it now so that you won't run into a panic situation the days before Christmas.

1 cup flour
1 teaspoon soda
1 teaspoon salt
1 teaspoon cinnamon
¼ teaspoon nutmeg
¾ teaspoon mace
1½ cups finely cut raisins (¼ pound seedless)
1½ cups currants plumped (washed in hot water, then drained)
¾ cup finely cut candied orange and lemon peel
1½ cups coarse soft (fresh) bread crumbs
2 cups ground suet
1 cup brown sugar
3 eggs, beaten
6 tablespoons red currant jelly
¼ cup brandy

Sift together flour, soda, salt and spices. Mix in raisins, currants, candied peel and bread crumbs. In another bowl mix suet, sugar, eggs, jelly and brandy. Add to dry ingredients; blend well.

Pour into two 1-quart greased pudding molds, (2/3 full). Lay waxed paper loosely over mold to prevent steam which collects on cover dropping into pudding. Cover with mold lid. Place on a rack in a steamer or large kettle where water will reach up to the mid-point of pudding mold. Bring water to a simmer, cover and steam pudding 6 hours. When done, remove from kettle. Cool. Wrap in aluminum foil and set it to ripen in a cool

place. To serve, steam, then loosen sides and turn out on a hot serving dish.

Flame with warm brandy. Serve with Brandy Sauce.

BRANDY SAUCE

¼ cup butter
¼ cup flour
2/3 cup lightly packed brown sugar
1½ cups milk
¼ cup brandy

In a saucepan, melt butter, blend in flour. Cook a few moments; remove from heat; blend in sugar and milk.

Cook over medium heat, stirring constantly, until thickened.

Stir in brandy.

Serve hot over steamed pudding. Makes 2 cups.

With a little organization and a good work plan you can cut down your active time in the kitchen to a science! Most of the work is done on the 24th day!

— The Christmas Broth and croutons are prepared,
— The turkey defrosts and you make the wild rice stuffing,
— The vegetables are washed, cut and bagged for convenience, as are the salad greens,
— The potatoes are prepared for reheating,
— The plum pudding is taken from its resting spot,
— The brandy sauce is made,
— The table is set.

On Christmas day you spend an hour to prepare the bird, the oven — then a half hour before dinner to remove the turkey from the oven, cook the vegetables, heat the soup and pudding, combine the salad and generally oversee what you have planned.

Happy season's eatings from the Food Specialists at the Ontario Food Council. We hope you will enjoy THE DAY: We've planned it that way!

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